

The Farmers' Market at the X

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www.thefarmersmarketatthex.com

From the Market Manager

I am currently reading *Animal, Vegetable, Miracle* by Barbara Kingsolver. She and her family created a project for themselves where they only ate food (with few exceptions) that came from local sources. It's an interesting book. Most of us aren't going to do what they did, but all of us can become more sensitized to what we are eating and when.

From late spring through the fall it isn't difficult to eat from local sources around here. We are blessed with good farmland and people who are willing to do the hard work that it takes to be a farmer. Even so I still see people in grocery stores buying produce from far away at this time of year. Because of advances in transportation and refrigeration food can come from thousands of miles away and arrive fresh in the stores. But, is it necessary to eat mealy peaches and plums in January when they come from 7,000 miles away? Or strawberries year-round even if they have no flavor?

Just because food is available to us doesn't mean that it is tasty. I don't know about you, but I never eat peaches that aren't in season in western Mass. I usually have to eat them bending over as they are very juicy, and I don't want to get peach juice all over myself. It's worth the wait for me so that I can enjoy them fully. Same for corn, summer squash, asparagus and several other items, all of which are so full of flavor when they are in season here.

I have only written about the taste of fresh seasonal food, but certainly the nutritional value is worth considering also. Simple--fresher=more nourishing.

However, here's something that you don't want to be too fresh--heavy cream if you plan on whipping it. A couple of years ago I bought heavy cream from Trinity Farm. It didn't whip well. The next week I said something to Dale Smyth and she said that she should have given me cream that was a couple of days old as cream that is too fresh doesn't whip well. I never expected that response.

Having always lived where farms weren't too far away has spoiled me. And having our marvelous farmers' market has spoiled me even more. I have tried vegetables that I'd never had previously. Have you tried the white turnips? They are good cooked or in a salad. Or how about couasa squash? It's a light green zucchini which is favored by Middle Eastern cooks. Pea tendrils were new to me. Ditto zucchini blossoms. And then we have varieties of vegetables that are unavailable in stores here. Maybe they're available in fancy grocery stores in big cities, but not around here.

You get my "drift." We're lucky to live where we live and we're lucky to have so many dedicated people who are willing and able to grow/raise/prepare our food. And, those of us who are involved with this farmers' market are grateful for your support and dedication to helping it thrive.



How Else do you “do” Local?

When you go shopping for something do you first think of your locally owned stores, or do you head toward the national chain stores first? Buying your goods from local businesses rather than national chains generates about 3 times as much money for your local economy according to studies from all over the country. Your local businesses have a vested interest in the well-being of their communities also.



Recipe--Lemon Yogurt Cake--loaf pan, 350 degrees about 50 minutes

1 1/2 cups all purpose flour
2 teaspoons baking powder
1/2 teaspoon kosher salt
1 cup whole milk yogurt
1 1/3 cups sugar, divided
3 extra large eggs
2 teaspoons lemon zest
1/2 teaspoon vanilla extract
1/2 cup vegetable oil
1/3 cup fresh lemon juice

GLAZE--1 cup confectioners' sugar
2 tablespoons lemon juice

Mix dry ingredients together; mix yogurt, 1 cup sugar, eggs, lemon zest, vanilla and vegetable oil, add to dry ingredients. Pour into greased and floured loaf pan. Meanwhile take remaining 1/3rd cup sugar and 1/3 cup fresh lemon juice and bring to a boil, boiling until the sugar dissolves. Set aside. When cake is done let it cool for about 10 minutes, remove from pan. Set it on a rack over a sheet pan and pour the sugar/lemon juice mixture over it while still warm. Let it soak in. Make the glaze by combining sifted confectioners' sugar and lemon juice. Pour over cake.

Winter Market

We're working on it. Trying to find a place for it. It will be on a Saturday from 10-1, outdoors, and it will not be at Trinity. Stay tuned.

Vendors

Remember, several of our vendors can continue to supply you with their products after the market is over the end of October. Go to our website (address on first page) and go to the vendor page for phone numbers, etc. Buy extras these last 3 weeks so that you don't run out, and/or for gifts.

Coupons

All WIC and elder coupons have to be used by the end of October. If you have any leftover wooden tokens, they can be used next year. You can use the wooden tokens as gifts. Just include a few in a card, and you have a present also.